



Our Times

February 2020 419-782-3233

Defiance County Senior Services

140 E Broadway Ave. Defiance OH 43512

<https://www.defiance-county.com/senior-services>

TAX HELP

"Free Tax Assistance "

Volunteers from NW Ohio Senior Services, a non profit corporation, will be on hand this tax season to assist with filing most Federal, State and School District Returns. There is no age limit and there is no charge but *donations are gladly accepted*. **Appointments are required.** Their schedule fills up fast so please call as soon as possible. The IRS starts accepting returns on Jan 27. Appointment dates run from January 31st through April 14th.

Please contact Dennis Vajen @419-782-3233 to set your appointment.

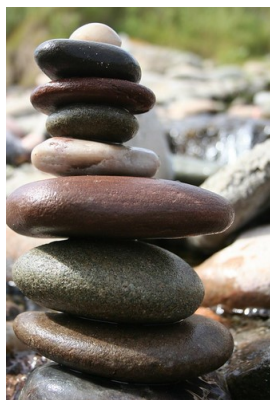
Coming in March! *Open Mic Returns*

Join us every 1st Wednesday of the month for Open Mic Night at Defiance County Senior Services

Bring your instruments and play for us or join us to listen and dance to the music. Light meal served at 5 pm for a suggested \$5. Music follows from 6-8 pm. *Donations for dessert gladly accepted and appreciated! Please call Dawn 419-782-3233.*



Coming in April! *A Matter of Balance*



A Matter of Balance class will be forming and will meet every Monday and Friday in April from 10 am to 12 pm. This class includes book work and exercise instruction to help you strengthen and decrease your chances of a fall.

Plan on joining us for lunch after your class. We serve daily from 11:30-1:00 for a suggested \$3 donation.

Call Dawn to reserve your spot.
Call Dennis for a ride. Both can be reached at 419-782-3233

February 2020

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Our Sponsors

- The Defiance County Senior Services Tax Levy
- The Defiance County Commissioners
- The Area Office on Aging of Northwest Ohio
- The Defiance County Senior Services Auxiliary
- Generous Donations from people like you!!

Thank you!



For Your Health

**Do you need to cancel or
make a change to your
Home Delivered Meal?**

Please Call

419-782-3321

Reminder:

All seniors shall determine for themselves what they can comfortably afford to donate. Might we suggest \$3 per meal. We also have our meal deal available. A \$50 donation will 'buy' you 20 meals @ \$2.50 per meal. Please see Dennis at the front desk or ask your meal route driver for the meal deal coupons!

Heart Healthy Foods

Oatmeal
Brown or Wild
Rice
Salmon
Sardines
Tuna
Walnuts
Almonds
Flax Seeds

Berries
Olive oil
Broccoli
Carrots
Sweet Potatoes
Red Bell Peppers
Kidney Beans
Spinach

Red Wine
Cantaloupe
Papaya
Acorn Squash
Tomatoes
Oranges
Asparagus
Avocados



Transportation is available to seniors age 60+ who need a ride to the doctor, pharmacy, therapy, bank, grocery store and other locations as needed. We have 7 transportation drivers at the 2 locations to assist with your needs. Transportation is provided for a donation amount determined by you. Please contact Dennis or Linda as soon as possible to arrange transportation!

Meet the Staff

Dennis Vajen is our new Transportation Manager. He's been a public servant for 26 years and is really looking forward to helping our seniors. Stop by and say "hello".

Dennis asks that anyone interested in volunteering to assist the Transportation Department please let him know at the front desk. Occasionally our seniors need someone to stay with them at appointments or help them with grocery shopping. It's time our drivers don't normally have and we'd love to be able to offer that extra assistance if we can. Regarding grocery shopping, are you aware that three Defiance area stores offer online shopping with pick up at the store or delivery? Kroger offers delivery only for \$9.95. Meijer offers delivery for \$9.95 and pick up for \$4.95. Walmart offers free pick up but no delivery. You simply do your shopping on their website, pay with your credit card, and get your groceries picked up or delivered for you. If you want to use Meijer or Walmart pick up, we would be happy to pick it up for you and deliver it. You'll just need to schedule with us in advance to make sure we have an opening to do the delivery.



Hicksville Happenings

Linda 419-542-5004

Important News

NEW HOURS

Monday—Friday Building open 9am-3:30pm
Transportation available for medical appointments
Beginning at 8am first come, first serve basis



Both Locations closed

Monday 2/17/20

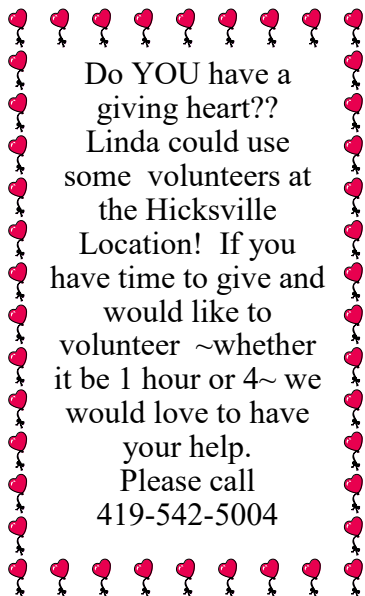
In observation of
President's Day

It's LEAP YEAR!

Join us for our **Leap Day Party**

February 20, 2020 @ 10 am

Salute the day with Pond punch
and everything FROGS



Do YOU have a
giving heart??
Linda could use
some volunteers at
the Hicksville
Location! If you
have time to give and
would like to
volunteer ~whether
it be 1 hour or 4~ we
would love to have
your help.
Please call
419-542-5004

Happy
Valentine's
Day

**Mark your calendar for Friday,
February 14th**

Valentine's Party

10am

The Music Man Alan Seibert will entertain
us!

Optional Valentine card exchange

**A huge "thank you" to multiple
donors to Hicksville activities, we
will continue to have monthly
LIVE, musical entertainment
throughout 2020! Thank you ne
for your continued support!**



Toe Nail Clinic

February 5 @ 12:30

\$15 payable to the nurse

Call for appointments Linda @ 419-542-5004



Commodity Supplemental Food Program

**Don't Forget to
pick up your food
box!**

Wednesday

February 26, 2020

1pm-2:30pm

This box of food
contains
approximately 40
pounds of nutritious
foods, including
fruits, vegetables,
protein, grains and a
2# block of cheese.
You must apply and
there are income
guidelines.
Please call Sue in
Defiance
419-782-3233 or
Linda in Hicksville
419-542-5004 for
applications.



February 7th sponsored
by Antwerp Manor

February 10th sponsored
by Hickory Creek

February 20th sponsored
by First Church of Christ

Join us for lunch

Monday—Friday 11:45




Call for Reservations one
day in advance

February 2020 Hicksville

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For more information contact Linda @


419-542-5004

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p>3</p> <p>10 Inspire Me! To Take better care of my Heart!</p> <p>12:15-2:15 Euchre</p>	<p>4</p> <p>10 Morning Stretches</p> <p>12:15-2:15 Euchre</p>	<p>5</p> <p>10 Corn Hole</p> <p>12:15-2:15 Euchre</p> <p>12:30 Toe Nail Clinic By appointment only</p>	<p>6</p> <p>10 Chair Dancing</p> <p>12:15 Senior's Choice</p>	<p>7</p> <p>10 BINGO with Antwerp Manor</p> <p>12:15 –2:15 Euchre</p> <p>11:45 Birthday Lunch</p> 
<p>10</p> <p>10 Phase 10</p> <p>12:15 Euchre</p>	<p>11</p> <p>10 BINGO with Hickory Creek</p> <p>12:15 Euchre</p>	<p>12</p> <p>10 Speaker-Carla Niese from Area Office on Aging, N. W. O. talks about RSVP Program</p> <p>12:15 Euchre</p>	<p>13</p> <p>10 Jeopardy</p> <p>12:15 Farkle</p>	<p>14</p> <p>10 –11 Alan Seibert The Music Man Valentines Party & Card Exchange Join Us!</p>  <p>12:15 Euchre</p>
<p>17 Closed President's Day Holiday</p> 	<p>18</p> <p>10 The Price is Right</p> <p>12:15 Euchre</p>	<p>19</p> <p>10 Penny Pitch</p> <p>10:30 Cards & Games</p> <p>12:15 Euchre</p>	<p>20</p> <p>10 BINGO</p> <p>12:15 “Inspire Me”</p>	<p>21</p> <p>10 Aggravation</p> <p>12:15-2:15 Euchre</p>
<p>24</p> <p>10 Dominoes</p> <p>12:15 Euchre</p>	<p>25</p> <p>10 Senior Soccer</p> <p>12:15 Euchre</p>	<p>26</p> <p>10 Seniors Choice</p> <p>12:15 Euchre</p> <p>1:00-2:30 Food Box Pickup</p>	<p>27</p> <p>10 –10:15 Chair Exercises</p> <p>10:15-11 Ladder Ball</p> <p>12:15 Cards & Games</p>	<p>28</p> <p>10 Leap Day Party</p> <p>12:15 Euchre</p>

February 2020 Defiance

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For more information contact Dawn @
419-782-3233

Mon	Tue	Wed	Thu	Fri
3 10 Zumba 10 Crochet & knitting bee 10-2 Board Games 1 Euchre Tournament 3 Yoga	4 10 Tai Chi 10 Bible Study 10-2 Board Games 1 Line Dance Practice 4 Yoga	5 9:30 Cards 10 Crafts w/ Vivian 10-2 Board Games 12:30 Shop at Kroger	6 9:30 Cards 10 Stretch Band 10 Bible Study 10 Zumba 10-2 Board Games 12:30 BINGO with Brookview 12:30 Shop at Meijer 1:30 Alzheimer Support Group 4 Yoga	7 9:30 Cards 10 Crafts 10 Tai Chi 10-2 Board Games 11:30 Birthday Lunch by GlennPark 
10 10 Zumba 10-2 Board Games 12:30 BINGO with Kingsbury 3 Yoga	11 10 Tai Chi 10 Bible Study 10-2 Board Games 1 Line Dance Practice 4 Seniors Night out at Rita's in Edgerton 4 Yoga	12 9:30 Cards 10 Painting class with Dawn Ludwig-SKLD \$5 supply fee 10 Blood Pressure checks by AllCaring 10-2 Board Games 12:30 Shop at Kroger	13 9:30 Cards 10 Zumba 10 Bible Study 10 Stretch Band 10-2 Board Games 12:30 Bingo w/ Van Crest 12:30 shop at Meijer 4 Yoga	14 9:30 Cards 10-2 Board Games 10 Crafts 10 Tai Chi Happy Valentine's Day! 
17 Closed President's Day Holiday 	18 10 Tai Chi 10-2 Board Games 1 Line Dance Practice 10 Bible Study 4 Yoga	19 9:30 Cards 10 Crafts w/ Vivian 10-2 Board Games 12:30 Shop at Kroger	20 9:30 Cards 10 Bible Study 10 Zumba 10:45 B/P checks w/ CHP 10-2 Board Games 12:30 Bingo w/ SKLD 12:30 Shop at Meijer 4 Yoga	21 9:30 Cards 10 Crafts 10-2 Board Games 10 Tai Chi
24 10 Zumba 10 Nails & Tails with Dawn from SKLD 10-2 Board Games 12:30 Bingo with Dawn from Senior Services 3 Yoga	25 10 Tai Chi 10-2 Board Games 1 Line Dance Practice 10 Bible Study	26 9:30 Cards 10 Crafts w/ Vivian 10-2 Board Games 12:30 Shop at Kroger 1:00-2:30 Food Box Pick up	27 9:30 Cards 10 Stretch Band 10 Bible Study 10 Zumba 10-2 Board Games 12:30 Shop at Meijer 4 Yoga	28 9:30 Cards 10-2 Board Games 10 Crafts 10 Tai Chi



Dawn's Bulletin Board @ Defiance

419-782-3233

Thank you for your sponsorship at both locations for the month of February!

Kingsbury Place
Antwerp Manor
AllCaring
Community Health Professionals
SKLD
Defiance County Health Department
Hickory Creek
Brookview Healthcare
Toledo Seagate Foodbank
First Church of Christ
Jim Schmidt Dealerships
Van Crest Healthcare
Defiance High School
Athletes and Jerry Buti
Believers Church
GlennPark
Area Office on Aging
DCSS Auxiliary



Seniors Night Out

Make your heart happy! Join us for fun, fellowship and great food!



4pm departure on February 11, 2020

Rita's in Edgerton

Transportation \$5

Dinner at your own cost

Call Dawn for transportation

419-782-3233

If you would like to join us but don't need a ride, call for a reservation



February 17, 2020

All Defiance County

Senior Center locations will be closed in Observation of President's Day Holiday.

Are you caring for a loved one with Alzheimer's or dementia? We understand this is not an easy road to travel. Join us at our monthly **support group** meeting for **caregivers**. Dawn, Karen and Sandy will educate and support you on your journey.

Please Join us in the Reflections Room on the first Thursday of each month. The next meeting is February 6th from 1:30-3pm.



Be sure to check our calendar for **new and exciting activities!!**

NEW

*Dawn Ludwig will lead a painting class on 2nd Wednesday monthly. Fee \$5 for supplies.

Vivian will lead crafts on 1st, 3rd and 4th Wednesday at 10 am Please bring in your old lightbulbs and unused jars with lids for the first few crafts!

From 10-2 daily we will be offering board games. i.e. Yahtzee; Uno; Dominos; Scrabble; Farkle

Yoga and Zumba Participants

Beginning February 1st the cost for your classes will be raised to \$5 per class.

If you pay monthly:

Zumba 2 days/wk. is \$35.00

Yoga: 1 day per week is \$20.00

2 days per week is \$35.00

Thank you for your understanding. We want to provide these valuable programs and hope this remains affordable for you!



Eyes on Nutrition

Do you ever wonder 'Where do my donations go?'

Programs at Defiance County Senior Services are funded by multiple sources:

- *Area Office on Aging of Northwest Ohio (AOoA)
- *Defiance County Senior Services Tax Levy
- *Your generous donations

All donations made go directly to fund programs at Defiance County Senior Services in Defiance and Hicksville.

Tax levy dollars and donation monies go toward funding programs such as meals and transportation costs that are not covered by AOoA. Facility operation, vehicle repairs & fuel, purchase of transportation vehicles and 'hotshot' (meals delivery vehicles), building maintenance, staff training, kitchen equipment and supplies in both Defiance and Hicksville are all purchased with your levy dollars and your generous donations.

We appreciate all of your donations!

During inclement weather we may choose not to send our drivers out. If you have transportation scheduled or regularly receive home delivered meals your will receive a phone call to let you know. Please be sure to check your messages if the roads are bad.

If there is a **Level 3** snow emergency –all locations of the Defiance County Senior Services will be closed and you will not receive a call.



Defiance County Senior Services has home delivered meals available for those seniors, age 60+ who have a difficulty standing to prepare meals or shopping for food.

Home delivered meals are prepared at the Defiance location daily and are hot and ready to eat when they arrive. The delivery time is based upon your address location within the route. We currently have 6 routes that run daily. Each of our drivers has 50-60 meals that must be delivered within a 3 hour window of time. **Remember you must be up, dressed appropriately and ready to receive your meals when they arrive.** Please work with us to allow our drivers to deliver all meals in a timely manner.

Food For Seniors Food Box Pick up

4th Wednesday each
month from
1:00-2:30pm

February 26, 2020

40# of nutritious foods
including, fruit,
vegetables, grains and
protein. You must be
60 and meet income
guidelines to qualify.
Please stop in or call
Sue for an application.

419-782-3233



Happy
Valentine's
Day

Home Delivered Meal Clients Please Note

For best food quality and safety, home delivered meals must be consumed within 30 minutes of delivery or placed in a refrigerator and reheated for 15 minutes at 350°.

Also remember that you **MUST** be home at time of delivery or call to notify us of your absence or to cancel by 8 am.

Call Ginny @
419-782-3321

Happy Heart Healthy You!

- ♡ **Hug your pet**
- ♡ **Walk your pet daily**
- ♡ **Reduce your stress**
- ♡ **Spend time with friends**
- ♡ **Laugh often, laugh hard**
- ♡ **Eat Well**
- ♡ **Eat fruit for dessert**
- ♡ **Eat Dark Chocolate**
- ♡ **Eat Red Foods: Berries, tomato, grapes**
- ♡ **Eat Garlic**
- ♡ **Eat Bananas**
- ♡ **Eat Beans**
- ♡ **Eat Whole Grains-at least 25 grams per day**
- ♡ **Drink Green Tea**
- ♡ **Eat Fish 2 times per week**
- ♡ **Go for a walk**
- ♡ **Watch the sunrise**
- ♡ **Watch the sunset**
- ♡ **Hug your loved ones**

